



# Anti-Age Your Brain: Staying Mentally Sharp



## Engage your mind.

Try activities that are new, challenging, and fun. Take a class, play problem-solving games like crossword puzzles and chess, learn a language.



## Eat right.

A diet that's low in fat and cholesterol and high in fruits, vegetables, and whole grains is your best choice for a healthy brain.



## Keep moving.

Physical exercise increases blood flow to the brain and reduces your risk for disorders that lead to memory loss, such as heart disease and diabetes. Exercise may also boost helpful brain chemicals.



## Get enough rest.

Not getting enough sleep affects your ability to solve problems. Deep sleep enhances memory consolidation.



## Stay connected.

Social activity stimulates our brains and reduces stress. Make time for friends and group activities.

## Here when you need us.

Call: 877-527-4742

TTY: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: State of Delaware

